HOUSE HUMOUR

HOW TRUDEAU HARNESSED THE FORCE TO WIN ELECTION

metroNEWS

LIVE 88·5FM

Ottawa metro

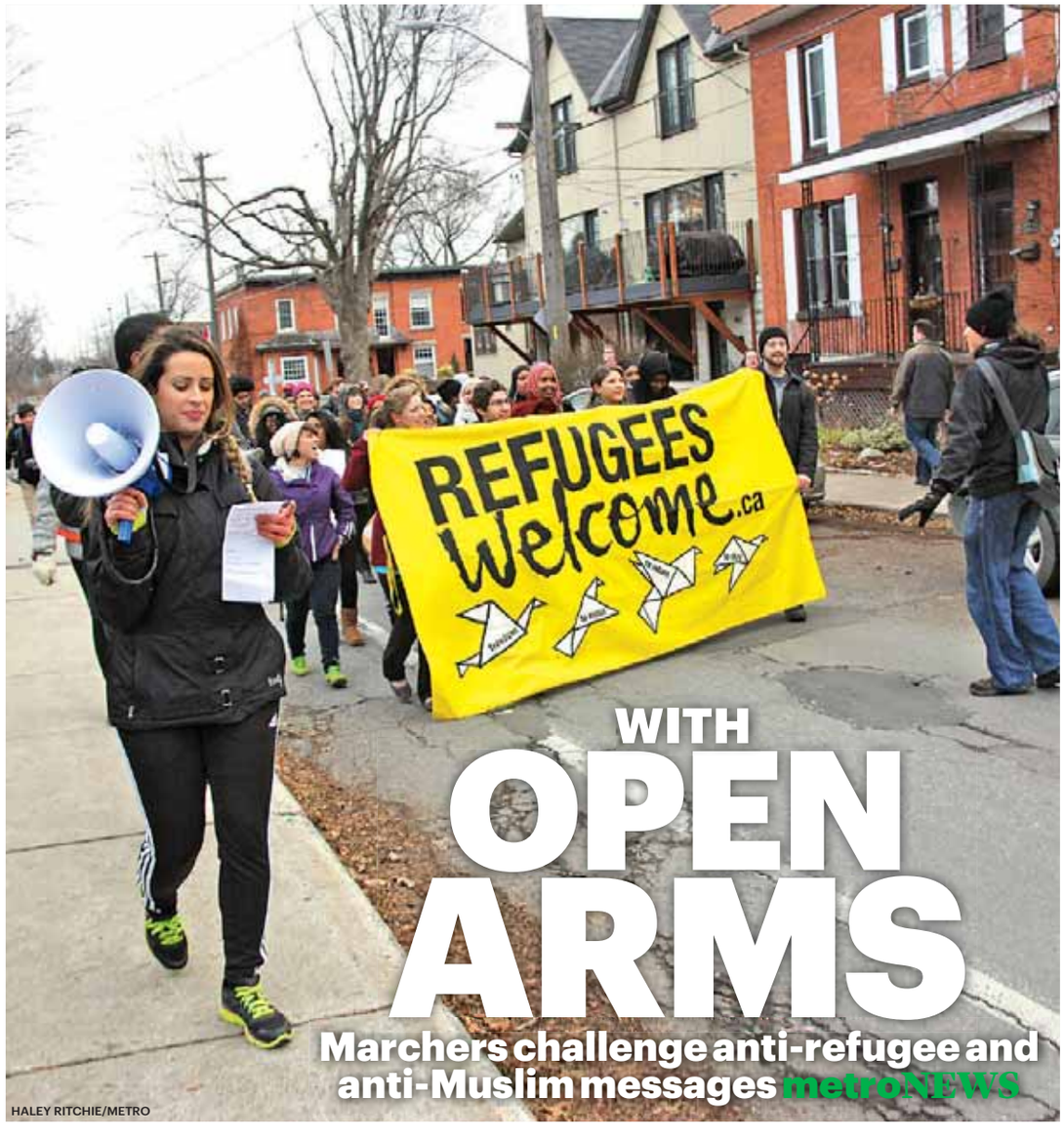
MARIJUANA

BUSTING INTO THE BUD BIZ

metroNEWS

Your essential daily news | MONDAY, DECEMBER 14, 2015

High 6°C/Low 5°C Cloudy with a chance of drizzle



HALEY RITCHIE/METRO

WITH OPEN ARMS

Marchers challenge anti-refugee and anti-Muslim messages metroNEWS

'It's a very dangerous situation'

LABOUR NEGOTIATIONS

All managers at Ottawa jail call in sick

Haley Ritchie
Metro | Ottawa

The Ottawa-Carleton Detention Centre on Innes Road was put in lockdown again on Sunday after all the jail's managers called in sick.

The incident follows tense labour negotiations at the jail that have seen cancelled visits, staff shortages and frequent lockdowns.

Officials at the jail confirmed that it was on lockdown, but said they could not provide further details.

Denis Collin, president of Ontario Public Service Employees Union Local 411 that represents employees at the OCDC, said the absence of managers was concerning.

"It's a very dangerous situation in an institution that's already been labelled a dangerous place to work," he said. "On top of not having enough managers at the jail, we also don't have enough staff, but that's a typical weekend for us."

Collin said he didn't know how many managers were scheduled to work on Sunday, but he said ideally the jail should have six sergeants to supervise a number of different areas.

He said management at the jail is also understaffed, but this situation is unprecedented in his 17 years as a correctional officer at the OCDC.

Stuart J. McGetrick, a spokesman for the Ministry of Community Safety and Correctional Services, said on Sunday the lockdown was a result of "unexpected staffing shortages."

"We are currently working to secure additional staff so that we can return the institution to normal operations," said the spokesman's statement. "We would like to thank our staff on site for their understanding and professionalism and for continuing to maintain the safe and secure operation of the facility."

On Wednesday, correctional officers across the province voted "no" on a tentative agreement between the province and OPSEU.

Officers at the Ottawa jail voted 93 per cent against the deal.

The following day, jail staff had to turn people away after visits were cancelled.

Deputy Premier Deb Matthews and Community Safety Minister Yasir Naqvi said in a joint statement last week they were "disappointed" members rejected the tentative agreement.

Get to know Lolo

Lolo lives in colour

Lolo's dog has 5,000 followers

Lolo wears what works

Lolo is her own DJ

Lolo doesn't skip breakfast

Lolo goes where she wants

Lolo™

Talk to your doctor

Allergan

LOLO™ is a trademark of Warner Chilcott Company, LLC used under license by Allergan, Inc. or its affiliates.
© 2015 Allergan. All rights reserved.

metro NEWS
Your essential daily news

Tears, love and family greet newly arrived Syrian refugees in Montreal. **Canada**

A green Christmas gifts city $1M in winter savings

SERVICES

Grinch-like weather helps reduce snow-clearing costs

Emma Jackson
Metro | Ottawa

The city will save about $1 million in snow clearing costs by year's end if the weather continues to be unseasonably warm.

November and December have produced little in the way of winter weather; Ottawa has only had one day of freezing rain and less than a centimetre of snow since Nov. 1, according to Environment Canada. December's daytime temperatures have remained stubbornly above zero, with a record-breaking 11.1 degrees on Dec. 10.

All that warmth means public works staff are busy filling pot holes instead of salting and clearing roads, said transportation committee chairman Coun. Keith Egli.

"If we continue this way until the end of the month, we should have spent a million or so less" than usual for the fall, he said.

That's good news, since last February's vicious cold snap and the season's near-constant snowfall put the city on track to be $11 million behind in its snow clearing budget by year's end.

This is "chipping away" at that deficit, Egli said, because crews aren't yet spreading expensive salt or being paid overtime to clean up after blizzards. And only base staff are being paid right now, instead of contract plough operators.

At the risk of sounding like a Grinch, Egli said the city will benefit from a green Christmas.

With no snow for his sleigh, Santa will likely be riding his bike to deliver gifts in Ottawa this Christmas Eve, like he did when he stopped by this Hampton Avenue home on Dec. 12. EMMA JACKSON/METRO

> **The longer we go in December, the more money we'll save.**
> Coun. Keith Egli

"The longer we go in December, the more money we'll save," he said.

Public Works staff have been grappling with the unpredictability of winter maintenance costs from year to year. The department is conducting a full service review to determine where money can be saved — including bringing clearing standards closer to the provincial minimums. Auditor general Ken Hughes recently found the city's clearing standards are higher than the minimums and most other Ontario cities.

Hughes also found the city owns more winter vehicles; 73 per cent of its fleet is city-owned, compared to only 14 per cent in Toronto. He recommended Ottawa review its mix of owned and contracted ploughs as a cost-saving measure.

VACCINATIONS

Opt-out plan for parents in place

Haley Ritchie
Metro | Ottawa

While the province announced it is introducing tougher rules for parents who want to opt-out of vaccines, Ottawa Public Health says it already has mandatory requirements in place.

Ontario Health Minister Eric Hoskins proposed a new strategy Friday that would see public health organizations giving a mandatory information session to parents who exempt their kids from getting immunized.

A mandatory counselling session for parents is already a requirement in Ottawa, said Marie-Claude Turcotte, manager of the Vaccine-Preventable Diseases program at Ottawa Public Health.

"We want to make sure they get all that information before they make a decision," she said.

The province's proposed strategy is meant to counter outbreaks of contagious diseases by raising herd immunity.

"It takes all of us to protect each of us," he told reporters at Queen's Park Friday. "What's most disturbing to me as a physician and public health specialist is that some Ontarians remain hesitant about having themselves and their children vaccinated, due mostly to the baseless fears spread by a small but vocal group of anti-vaccine activists," he said. WITH FILES FROM TORSTAR NEWS SERVICE

THE SCOTTISH AND IRISH STORE
West End Store 2194 Robertson Rd. (613) 829-2251 East End Store 1717 St. Laurent Blvd. (613) 739-3393 www.scottishandirishstore.com

Framed Irish Blessing
$13.95 each

Silver/Gold Claddagh
PRX6473 $140

Doctor Who Jumper
$79.95

Celtic Cross Pendant
PCR3045 $76

Penguin Yule Logs
$4.59 each

REPORT

Ontario needs sexual violence task force

A new report says Ontario has become a "major hub" for human trafficking and sexual violence in Canada, with most of the victims being local underage girls and young women.

The report by a provincial legislative committee is calling on the Liberal government to increase funding for the justice system and create a co-ordinated, province-wide strategy.

"These young women, girls really, underaged girls and children, are being forced into sex work in our cities and towns," said Progressive Conservative MPP Laurie Scott.

> **"I don't think any of us were prepared for what we heard**
> Peggy Sattler

The government should provide the same sort of dedicated funding for an anti-trafficking task force as it did for Toronto's Guns and Gangs initiative, Scott said.

The committee, which issued its report on the final day of the fall session Thursday, said human trafficking for the purpose of sexual exploitation is the most common form of trafficking in Canada, and Ontario is acting as a "major" hub.

60%
The percentage of sexual assault victims in Canada that are under 18.

"We need to send resources to law enforcement and to the justice system so there is a concentrated team that works throughout the province, because these girls are trafficked widely throughout the province on a daily basis," said Scott.

The committee travelled across Ontario hearing stories from 147 women who were victims of rape or sexual harassment. Committee members, including two former nurses and another who worked in a rape crisis centre, said despite their experience they were often in shock listening to women tell "gut wrenching" stories of sexual assaults.

"I don't think any of us were prepared for what we heard," said New Democrat MPP Peggy Sattler. "It was very difficult to control our own emotions as we watched survivors struggling to hold back tears as they relived the pain and trauma of what they went through."

Tracy MacCharles, the minister of children and youth services who is responsible for a sexual violence and harassment bill that is now before the legislature, said the committee's recommendations, including the call for a task force, will help strengthen her bill. "I'm open to all good ideas on this," said MacCharles. "I'll be sitting down with the premier on this."

Liberal Daiene Vernile, who chaired the committee, said it's up to the government to decide how to proceed, but she wants to make sure the recommendations are implemented.

"For many witnesses, it was very difficult for them to appear before this committee, and reliving the trauma of being violated," she said. "But they did so hoping that there would be some kind of positive outcome, and we don't want to let them down."

The committee found almost 60 per cent of sexual assault victims in Canada are under the age of 18, and a quarter of them are under the age of 12. Most victims — 92 per cent —are women, and the overwhelming majority of attackers — 99 per cent — were men. It also found Ontario lacks up-to-date statistics about the incidence of sexual harassment and childhood sexual abuses.

THE CANADIAN PRESS

5 LESSONS FROM LRT PHASE ONE

A new report has outlined some lessons learned while implementing phase one of the city's light-rail project, in hopes they will be applied to phase two.

Emma Jackson
Metro | Ottawa

Here are five lessons Deloitte and Boxfish Group learned from stakeholder interviews:

Premier Kathleen Wynne and Mayor Jim Watson tour the Confederation Line light rail transit tunnel. This section of tunnel currently runs from Lebreton Flats to Lion Street. SEAN KILPATRICK/THE CANADIAN PRESS

1 Better budgeting

The city potentially missed out on higher funding commitments from the province and feds because its initial cost estimate didn't include inflation or financing and transaction costs. The city's affordability cap later helped save the city money, though, since it disqualified bid teams who surpassed $2.1 billion.

2 Risky business

The city off-loaded most risks to winning bidder Rideau Transit Group (RTG) by using a "gated risk ladder" that pitted teams against each other to assume the most risks — including for the 2.5-kilometre tunnel. This strategy should be employed again, the report said..

3 Green means go

If the city wants to promote green innovations, it has to make them mandatory, the report found, since there was little incentive to be energy efficient in stage one. Bidders also need to account for peak power costs, since Ontario charges based on time of use.

4 Bundle of joy

Bundling the Hwy 417 widening into the stage one contract was "innovative and successful," the report said, since RTG had all the power to avoid delays. Similar bundling is ideal for any infrastructure projects that could impact stage two.

5 Operator on board

Stage two discussions should include OC Transpo as soon as possible, particularly regarding service levels, customer experience, vehicles and safety, the report said. The city approved a functional design for stage two in July, and the federal government has committed to funding one third of the $3 billion project.

IN STORE & ONLINE
TODAY ONLY
TOPS
40% OFF
*Discount applied to the original ticket price. Select items only. Some exceptions may apply.

URBAN PLANET
www.urban-planet.com
Find a store near you online.

Nationwide Liquidation Outlet 1901 Cyrville Road

Pick up a great deal this holiday season at Nationwide Liquidation Outlet

Just in time for your holiday shopping, Nationwide Liquidation Outlet has opened it's doors for the Christmas season! Since opening a few weeks ago, Nationwide has heard from its clients how happy they are to be able to take advantage of shopping at such low prices – greatly needed in the National Capital region for a long time!

Nationwide Liquidation Outlet purchases inventory from various companies who are going out of business, facing bankruptcy or finding themselves with too much overstock. Since items are brought in from a variety of vendors, you will find everything from brand names to up and coming designers and labels at greatly reduced prices. For example, there's currently a large inventory of Christmas trees from The Shopping Channel. While TSC charges $399.00 for certain trees, Nationwide has trees starting at $49.99!

The owner of Nationwide Liquidation Outlet has an extensive background in the golf industry and owns Champions' Nest, Riverbend Golf and Country Club and manages Rideau Glen Golf Course. In store, they have a large selection of golf equipment and sell brand names such as Taylor Made drivers, Adams, Callaway and more. In the hockey section, you will find helmets, skates, pads and jerseys. This time of year, you can also find a large selection of ski and snowboarding equipment including ski jackets from 50-80% off the original price! Ladies down jackets rotate on a regular basis with various colours and patterns all at a discounted price. Now is the time to buy before the cold weather and snow arrive!

If you're looking for holiday gifts, there are plenty of great gift ideas to be found at Nationwide Liquidation Outlet. From cooking grills to power juicers, bed sheets, leather coats, stylish humidifiers, dry fit shirts and hoodies, gloves, scarves, hats and many more stocking stuffers! For the Senators fans on your list, consider a team branded accent rug or what about a full crib sheet for a little Sens fan. With different items coming in regularly it feels like a new shopping experience every time!

With Christmas fast approaching, whether you're looking for yourself or looking for a gift, you're sure to find something for everyone on your Christmas list at amazing low prices. You can also pick up all your holiday decorations for your home, including indoor and outdoor lighting in the seasonal section. The friendly staff will be sure to assist you with all your shopping needs.

Make sure you visit Nationwide Liquidation Outlet at 1901 Cyrville Road regularly to never miss out on a great deal!

NEW ARRIVALS!

- Jackets, Dress shirts, Mitts & Toques **$3.99 to $9.99.**
- Scarves, Socks, Caps, Belts, Jewellery **$4.99 to $9.99.**
- Top flite golf towel, Head covers, small umbrellas **$4.99.**
- Golf ball finders **$14.99.**
- Golf bags and travel bags starting at **$39.99.**
- Junior golf set **$69.99.**
- Louis Garneau Ski Helmet **$35.**
- Ski Goggles and poles $14.99 to **$19.99.**
- 4 pcs Bedding sheets starting at **$29.99.**

AND A LOT MORE!!!!

CHRISTMAS STOCKING STUFFERS AND GIFT IDEAS.

PRE-LIT Christmas trees...
open it up/
put it up...
no hassle
$49.99

100% Silk Christmas ties. Regular $39.95 Now: **$5**
With this coupon only. Limited 2 per customer.

NATIONWIDE LIQUIDATION OUTLET
1901 Cyrville Road, Ottawa
613-746-7788
Store hours: Mon-Fri, 10am-8pm; Sat, 10am-6pm; Sun 10am-5pm

ACROSS FROM COSTCO

OC Transpo
YOUR ROUTE MAY TAKE A NEW ROUTE STARTING DECEMBER 20
• MOST ROUTES WILL BYPASS LEES
• ROUTE 95 WILL BYPASS HURDMAN
• NEW SERVICE CONNECTING TO CARLETON AND TO THE OTTAWA HOSPITAL GENERAL CAMPUS
VIEW ROUTE CHANGES AT ONTRACK2018.CA
OUR TRANSIT FUTURE IS ON TRACK
ON TRACK 2018
OTrain

Swarmings spike in Herongate area

OTTAWA POLICE

11 cases logged since middle of November

Robbery investigators are focusing their efforts on Herongate, where swarmings are on the rise.

"This is kind of the hot spot right now," said Staff Sgt. Michael Haarbosch, head of the Ottawa police robbery unit. "I'm concerned about the spike that we're facing that's been going on for the last three weeks."

There have been 11 swarmings since mid-November.

The majority of the incidents have been in Herongate, though one was in nearby Alta Vista and others occurred in the neighbouring Heatherington area.

Although two suspects were recently apprehended by police in connection with four back-to-back swarmings in Herongate on Nov. 27 and 30, more victims were targeted in two new cases in that area the evening of Dec. 6.

"So we're faced with the (fact) that we've got more suspects out there that need to be identified," Haarbosch said of the swarmings, in which a victim is robbed by more than one person.

The spike in swarmings in the area has police reexamining whether previous incidents in the neighbourhood are linked to the two suspects were charged with multiple robberies and weapons offences in connection with the Nov. 27 and 30 crimes.

Staff Sgt. Michael Haarbosch of the Ottawa Police robbery unit, in Sandalwood Park in Herongate, where a victim was recently held up. ERIN MCCRACKEN / METROLAND MEDIA

The increase is at odds with an overall drop in swarmings across Ottawa so far this year. There have been 177 to date, down from 204 by this time last year.

In the latest string of swarmings, police say two male teenagers, one of whom carried a knife, approached lone male victims and demanded they turn over their belongings.

> **We've got more suspects out there that need to be identified.**
> Staff Sgt. Michael Haarbosch

In the first case, on Nov. 27 around 7:45 p.m., the suspects accosted their victim in the 2500-block of Kaladar Avenue, off Brookfield Road just west of Herongate, Haarbosch said.

Three days later on Nov. 30, a victim was swarmed as he walked along a footpath near 2870 Cedarwood Dr., off Walkley Road, around 9:30 p.m.

A half hour later, there was another swarming in the 1200-block of Walkley, followed by a third a half hour later just down the street near Walkley and Jasper Avenue.

The suspects, two male teens, were arrested a short time later. Officers said the Nov. 30 crime spree is connected to the Nov. 27 swarming, and they are trying to identify a third male suspect related to the Nov. 27 crime.

ERIN MCCRACKEN/METROLAND MEDIA

CRIME

Three arrested after McLeod Street stabbing

A man is facing an attempted murder charge after a 30-year-old man was stabbed multiple times in Centretown early Sunday morning.

Police and paramedics responded to the 100 block of McLeod Street just after midnight, after receiving a 911 call. Investigators later charged two men and one woman.

One man is charged with attempted murder, assault with a weapon, and aggravated assault.

The other man is charged with drug offences, and a woman is charged with assault causing bodily harm.

The victim is serious but stable condition.

JOE LOFARO/METRO

IMMIGRATION

Walk the talk: March welcomes refugees

Haley Ritchie
Metro | Ottawa

About 150 marchers took to the streets in Centretown on Sunday afternoon to shout down Islamophobia and send a loud welcome message to refugees.

"We want to make the city a welcoming place for refugees," said Ajay Parasram, an organizer with Refugees Welcome.

Parasram said many groups are raising funds and donations, but part of the Refugees Welcome mission is "consciousness raising" and involving those who don't have the means to give.

Many of the banners and slogans involved challenging racism and Islamophobia and opposing anti-refugee views.

"It's one thing to bring refugees, but we also need to do political community work," said Parasram.

"We need to change the way we think about refugees, about Islam in the 21st century and we need to realize we're all just people."

Refugees Welcome has held a number of events over the past month, including an arts night and panel discussion, to get residents and the community thinking about supporting refugees.

Ottawa-Centre MPP Yasir Naqvi and representatives from the National Council of Canadian Muslims attended Sunday's event.

Liberals found their Jedi Knight

HOUSE HUMOUR

Chris Lackner
For Metro

The Force is strong in Justin Trudeau. I'm pretty sure he used a Jedi mind trick to win the election. In fact, the Liberals' revival and the Star Wars re-boot share a lot in common:

- Both Trudeau and director J.J. Abrams seized control from out-of-touch control freaks who repeatedly disappointed their fan bases. (And while George Lucas created Jar Jar Binks, Stephen Harper created Sen. Mike Duffy.)
- Bring back fan favourites: I'm not saying Ralph Goodale and Stéphane Dion are as beloved as Han Solo and Chewbacca, but I'd pay good money to hear Dion mimic Chewie's "Rrrrrrr-ghghghgh" in front of the UN.
- New talent: Like the Liberal cabinet, The Force Awakens is full of fresh faces — like the adorable new droid BB-8. (I'm secretly hoping Finance Minister Bill Morneau turns out to be a robot.) Trudeau preaches gender equality; Abrams also got the memo. His new central hero is Rey (Daisy Ridley), and Princess Leia has gone from golden slave bikini to intimidating general.
- Stay true to your roots: Just like Star Wars brought back TIE fighters and X-Wing pilots, the Liberals brought back another prime minister named Trudeau.
- Young Trudeauwalker: The Libs found their Jedi Knight, and the movie will likely feature a quest to find Luke. (Both gentlemen have daddy issues.)
- The film skips ahead 30 years; Trudeau's third-to-first leapfrog skipped a few elections.

Star Wars can also teach the Conservatives how to retake power:

- Name change! The First Order has risen from the Empire's ashes, so rebrand! Suggestions: The First Order of Conservatives, The Not Stephen Harper Conservative Party, The New Canadian Alliance (kidding).
- Compared to the likes of General Grievous, Captain Phasma and Supreme Leader Snoke, names like Rona, Brad and Jason aren't going to intimidate anyone. Brainstorm new party leader titles (e.g. Captain Con-Con, General Small Government, Major Tax Cut, and Lieutenant Liberals Suck).
- Find a dude with a scarier mask. Star Wars has Kylo Ren; I say double down on Harper's death stare "mask"! The new head honcho needs to be able to shoot lasers from their eyes, or freeze people in stone like Medusa.
- Build a bigger Death Star. Sure, the first two were destroyed with childlike ease, but the First Order has built some kind of planet destroying "Starkiller Base." Potential locations: Stornoway basement, rural Saskatchewan, Alberta's oil sands.
- Find a new Emperor or Yoda figure. Sure, we don't have a Dagobah swamp. But send MP Pierre Poilievre into the heart of Gatineau Park and tell him not to come back until he finds a Conservative Yoda. (No, not Preston Manning).
- Recruit a Game of Thrones' actor. Gwendoline Christie plays Captain Phasma. Get Peter Dinklage his Canadian citizenship. Stat! We'd all like to be ruled by Tyrion Lannister.

Both Justin Trudeau and director J.J. Abrams seized control from out-of-touch control freaks who repeatedly disappointed their fan bases.

Luke Skywalker (Mark Hamill), Princess Leia (Carrie Fisher) and Han Solo (Harrison Ford) in Star Wars Episode IV: A New Hope. LUCASFILM LTD./TWENTIETH CENTURY FOX HOME ENTERTAINMENT

DECEMBER 14TH
TODAY ONLY.
WHILE SUPPLIES LAST / NO RAIN CHECKS.

Each day until December 22nd, we're bringing you one-day only deals featuring the season's most coveted picks.

BERSANO BARBERA
Medium-bodied & Fruity (D – 9 g/L)
348680 | 750 mL | Reg. $12.95
→ NOW $9.95 SAVE $3.00

LET'S GET — LCBO — TOGETHER

SAVE $3.00

Please Socialize Responsibly

Price offer in effect December 14, 2015 ONLY. No rain checks. Product available at select LCBO stores while supplies last.
Price subject to change without notice. Quantities are limited. Le contenu de cette publicité est offert en français sur notre site web : www.lcbo.com/publicite.

‘Real Christmas present’

IMMIGRATION

With refugees’ arrival, family reunited after eight years

The arrival of a second federal government planeload of Syrian refugees in Montreal Saturday night was “a real Christmas present” for one Syrian man who was reunited with family he hasn’t seen in eight years.

Anas Fransis and his mother were at the welcome centre near the Pierre Elliott Trudeau International Airport to welcome Fransis’ uncle and his wife, their two teenage daughters and Fransis’ grandmother, who were among the 161 privately-sponsored refugees to make the trip from Beirut to Canada aboard a government aircraft.

Fransis ran out to greet them, twirling his cousins and embracing the adults. His grandmother, Laila Saeed, was the last one through the door, her face wet with tears.

“They’ll be here for Christmas, they’ll be here for New Year’s,” said Fransis, who came to Canada from Syria in 2008. “Their arrival is a Christmas present ... a real Christmas present.”

His 13-year-old cousin Laila Beylouneh was excited for her family’s new start.

“My future is starting now,” she said in English.

Quebec Premier Philippe Couillard was on hand with Federal Immigration Minister John McCallum and Montreal Mayor Denis Coderre to greet the refugees, who landed around 8 p.m. Saturday. Numerous other federal and provincial cabinet ministers were also in attendance.

Newly arrived Syrian refugee Samer Beylouneh, left, wipes a tear as his daughter Laila greets her aunt Marie Belona at a welcome centre in Montreal Saturday. PAUL CHIASSON/THE CANADIAN PRESS

The arrival comes less than 48 hours after a government aircraft brought 163 refugees to Toronto on Thursday.

THE CANADIAN PRESS

B.C.-BOUND

Relatives of drowned boy to arrive by year’s end

The aunt of a Syrian toddler whose lifeless body pictured on a Mediterranean beach sparked global outrage over a refugee crisis says the flights have been booked to bring her relatives to Canada.

Tima Kurdi says her brother Mohammad Kurdi, along with his wife and five children, are scheduled to arrive in British Columbia on Dec. 28.

Mohammad is the uncle of Alan Kurdi, the three-year-old boy who died alongside his mother and older brother when their overcrowded boat flipped while crossing between Turkey and Greece.

THE CANADIAN PRESS

INNOVATION

Grinder doesn’t go to pot

A group of Winnipeg entrepreneurs are busting their way into the marijuana scene by re-inventing a 110-year-old design called The Clipper.

Matt Olsen said he, Greg Moneta and Jesse Marr came up with the idea to create a brand new “herb” grinder.

Olsen said the idea stems from the input of regular grinder users. The biggest difference is a rotating stainless steel blade and a patented wedge design the group says cuts herbs rather than mulching them, and reduces user effort.

The group said it is in partnership with Lift Innovations, and has already been approached by distributors who want to carry the product.

EVAN MATTHEWS/ FOR METRO

The Clipper with its newly designed blades. CONTRIBUTED

120 years

Est. 1896 WILLIS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

Looking for a lucrative and in-demand career?

MOBILE SOFTWARE DEVELOPER DIPLOMA

CO-OP

Starts January 2016

- **Mobile**, **web** and **application** development
- Software **programming** principles
- **Business** skills for IT professionals
- Assistance with **job-placement** and government **security clearance** application

GET STARTED TODAY! williscollege.com | 1.888.319.2365

TAXATION

Canada Revenue Agency seeks taxes from indigenous workers

The Canada Revenue Agency (CRA) has been aggressively collecting back taxes from a group of mostly low-income indigenous women who lost a long-running legal battle to be exempt from paying personal income taxes because their employer was situated on a reserve.

Native Leasing Services, an employee outsourcing company that has its headquarters on Six Nations of the Grand River, a reserve near Brantford, Ont., is seeking a remission order from National Revenue Minister Diane Lebouthillier, — who would have to recommend it to cabinet for approval — on behalf of 3,916 former employees.

“Most of the applicants live on or near the poverty line ... A large portion of these employees will never be able to pay the tax assessments that have been made against them,” Jim Fyshe, a lawyer working probono for Native Leasing Services, wrote in the application for a remission order filed in June 2013.

The employees, whose annual income at Native Leasing Services averaged about $27,000, according to Fyshe, are being pursued by collections officers who are putting liens on their homes, garnishing their wages and clawing back benefits for years of personal income taxes after the courts supported a decision by Canada Revenue Agency to reinterpret the Indian Act.

The CRA says Ramona Dunn, seen in front of her home in Exeter, Ont., owes $94,000 in back taxes. TORSTAR NEWS SERVICE

One of them is Ramona Dunn, 53, who the CRA says owes nearly $94,000 in taxes, fines and interest for the five years she worked as a registered nurse and diabetes educator at Anishnawbe Health Toronto, where she was technically an employee of Native Leasing Services.

Dunn said she took the job at the non-profit agency for a smaller salary than she would have earned at a hospital.

“I was willing to work for less money than my skill set would have given for me just for the chance of working in my community and helping my people,” Dunn said, adding the tax exemption, which she still believes she has a right to as a status Indian, helped make up some of the difference in take-home pay.

Philippe Brideau, a CRA spokesman, said remission orders are considered on a case-by-case basis. TORSTAR NEWS SERVICE

New agreement puts the planet on a 'carbon diet'

ENVIRONMENT

Close to 200 nations sign on to ambitious Paris eco-pact

The slogan "DECARBONIZE" is projected on the Eiffel Tower as part of the COP21 United Nations Climate Change Conference in Paris, France on Dec. 11. FRACOIS MORI/THE ASSOCIATED PRESS

The world is about to go on a carbon diet and it won't be easy — or cheap.

Nearly 200 nations worldwide approved a first-of-its-kind universal agreement Saturday to wean Earth off fossil fuels and slow global warming.

On Sunday morning, as with many first day dieters, the reality set in. The numbers — like calorie limits and gym time — are daunting.

How daunting? Try more than 7.04 billion tons. That's how much carbon dioxide needs to stay in the ground instead of being spewed into the atmosphere for those reductions to happen — if you take the easier of two goals mentioned in Saturday's deal. To get to the harder goal, the number is even larger.

In the pact, the countries pledged to limit global warming to about another degree Celsius — and if they can, only half that much.

A vaguer goal is that by sometime in the second half of the century, man-made greenhouse gas emissions — including methane and other heat-trapping gases as well as carbon dioxide — won't exceed the amount nature absorbs. Earth's complex and ever-changing carbon cycle would have to get back to balance.

In practice, the world will have to emit almost zero greenhouse gases by 2070 to reach the easier goal, or by 2050 to reach the harder one, said John Schellnhuber, director of the Potsdam Institute for Climate Impact Research in Germany.

The harder goal — limit warming by another half a degree Celsius — is probably already impossible, said Joeri Rogelj at the International Institute for Applied Systems Analysis in Austria. Most likely the best the world can hope for is overshooting by a few tenths of a degree and then slowly bring the temperature back down to the target.

That may involve something called negative emissions, a system in which the world (technology and nature combined) take out more carbon dioxide from the air than humanity puts in. Nearly 90 per cent of scenarios for how to establish a safer temperature in the world involve going backward, but are also so far not very realistic, said Kevin Anderson, deputy director of the Tyndall Centre for Climate Change Research in Britain.

7.04

Volume of carbon dioxide emissions, in tons, needing to stay in the ground instead of being released to meet the easier of two new goals.

2070

By 2070, the world will have to emit close to zero greenhouse gases to achieve the easier of the two new targets set by Saturday's agreement.

Negative emissions involve more forests, maybe seeding the oceans, and possibly technology that sucks carbon out of the air and stores it underground. More biomass or forests require enormous land areas and direct capture of carbon from air is expensive, but with a sustained research effort costs can probably be brought below $100 per metric ton, said engineering and policy professor Granger Morgan of Carnegie Mellon University.

Leading up to the Paris Agreement, nearly every nation formed an individual action plan to cut or at least slow the growth of carbon pollution over the next decade or so. Richer, developed nations, like the United States, Europe and Japan, pledged to cut now. Developing nations that say they need fossil fuels to pull themselves out poverty pledged to slow the rate of growth now, and cut later. THE ASSOCIATED PRESS

CLIMATE PLAN

'The best chance we have'

President Barack Obama and Secretary of State John Kerry hailed the newly passed international climate change agreement as a major achievement that could help turn the tide on global warming.

Obama said the climate agreement made Saturday night by almost 200 nations "can be a turning point for the world" and credited his administration for playing a key role. He said the climate agreement "offers the best chance we have to save the one planet we have."

The immediate reaction of leading Republican critics was a stark reminder of the conflict that lies ahead. Senate Majority Leader Mitch McConnell said Obama is "making promises he can't keep." THE ASSOCIATED PRESS

FRANCE

Le Pen defeated in vote

Marine Le Pen's far-right National Front collapsed in French regional elections Sunday, failing to take a single region after dominating the first round of voting, pollsters projected. The conservatives surged against the governing Socialists, changing the political map of France.

The failure of the National Front to gain any of the six regions where it was leading didn't stop the party from looking to the 2017 presidential election — Le Pen's ultimate goal.

Le Pen had been riding high after extremist attacks and an unprecedented wave of migration into Europe. THE ASSOCIATED PRESS

HOMESTEAD JOB FAIR!!

If you are looking for work in property management, please drop by the **Courtyard Marriott, 350 Dalhousie St on Thursday, December 17th between 2pm and 7pm.**

We are looking for Superintendent couples/teams of 2 who will live onsite and receive free rent. If you are handy, hard-working and like to work in a team, we would like to see you! We provide paid training and opportunity for advancement.

Please visit homestead.ca to learn more or careers@homestead.ca or 613-544-6674 ext. 275

TRAIN FOR A CAREER AS A PHARMACY TECHNICIAN

Contact us today 613-722-7811

Did you know that a Pharmacy Technician is a regulated profession in Ontario?

ACCREDITED BY THE CANADIAN COUNCIL FOR ACCREDITATION OF PHARMACY PROGRAMS

The program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Long-Term Care Facility or a corporate/industrial environment.

ALGONQUIN CAREERS ACADEMY

1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

metro VIEWS
Your essential daily news
Monday, December 14, 2015

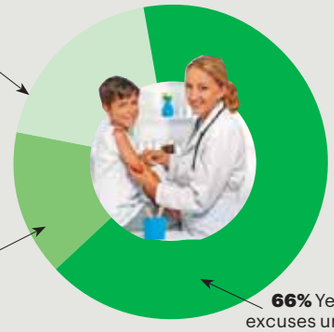
Metro MONDAY POLL

One nation under vaccination

Visit metronews.ca **every Friday to have your say.**

Under a proposed Ontario law, parents will have to attend an education session at the local public health unit if they want a vaccine exemption for non-medical reasons. Few things have been more explosively controversial — or more maligned — in recent years than vaccinations, though evidence conclusively shows they're safe and effective. In fact, they're so effective that many of us have never personally encountered a vaccine-preventable illness. We asked our readers for forgotten family stories about the fear-filled days before shots prevented some of the most deadly diseases.

1 Should all routine vaccinations be mandatory in Canada?



19% No, it should be up to parents

15% No , but there should be a serious consequence for not vaccinating (i.e. a financial penalty, or being banned from school)

66% Yes, no excuses unless there is a valid health exception

2 How do you keep track of vaccinations for yourself or your family?

41% Old-fashioned paper

36% I trust my doctor, school or health unit to keep track

16% I don't. One of us is probably due for a booster

7% Digitally/ with an app

3 What's your experience with vaccine-preventable diseases?

40% I've never had one & don't know anyone who has.
32% I've suffered from a vaccine-preventable disease.
17% A family member or someone I know has had one.
11% Either myself, someone I know or a family member has suffered permanent effects of a vaccine-preventable disease.

We had to cancel a trip because someone at my son's daycare got chickenpox.

My grandfather was partially paralyzed for life due to polio.

I contracted measles as a small child and was left partly deaf.

I had measles, mumps and chickenpox before there were vaccines. They were all miserable.

WE ASKED Metro readers

The budget applause is gone, and that's healthy

COLLINS' CAPITAL

Steve Collins

Back in 2011, Jim Watson's first budget passed unanimously, and earned actual applause for a 2.4 per cent tax increase.

"I cannot recall a budget being tabled that received a round of applause from the council chambers," Walter Robinson, who'd been Mayor Larry O'Brien's chief of staff, told me at the time. "I think that's a telling political signal."

Since then, council has unanimously passed four more on ever-smaller tax increases, but there was no applause last week.

Pressures have built up under those hard budget caps, both fiscal pressures like this year's expected $52.5-million deficit, and political pressures, as councillors chafe under requirements that any new spending be offset with an equivalent cut.

Three new councillors, Jeff Leiper, Tobi Nussbaum and Catherine McKenney, and two veterans, Rick Chiarelli and Diane Deans, voted against the budget.

"This is your budget, Mr. Mayor, not mine," Deans said after unsuccessfully attempting to inject $250,000 into the city's overburdened social service agencies, first from reserves (ruled out of order) and then offset by city job cuts (voted down).

Another motion from Nussbaum to freeze transit fares and make up the difference by increasing the transit levy on taxpayers also failed.

In a year that LRT construction is likely to cause widespread delays, Nussbaum wanted to prevent any further ridership losses resulting from asking riders to pay more for lousier service.

This measure would have taken the city even further off-track from its target of fares covering 55 per cent of OC Transpo's operating costs. But that number's a political choice, too, Nussbaum argued (the goal was previously 50 per cent. Fares currently cover 51).

Similar-sized Edmonton depends on fares to cover only 45 per cent of transit. They've also had light rail since 1978.

Neither Deans nor Nussbaum had the votes to get what they wanted, but it was good to see them try. If the meeting's tone was occasionally nasty, that's what democracy sounds like sometimes.

For his part, Watson was philosophical about the nays, noting he'd had "a good run" of five unanimous budgets.

He tenaciously defends his two-per-cent tax cap, on which he campaigned and won re-election, after all, with a whopping 76 per cent of the vote.

And while he heard numerous public demands for more funding, he said, listening isn't the same as agreeing:

"I estimated, of all the groups that came forward, it was $40 to $50 million in new spending. If we just ... listened and accepted everyone who showed up, 'OK, great, you want more money, no problem, you want more money for arts, for cycling, for construction for roads, for sewers, for housing,' we would have a tax increase of 15 per cent."

But if you're simply adding every proposal to the tally on a mental "to-not-do" list, are you really listening?

If some of the cracks in council solidarity widened last week, maybe it'll let a little more daylight into next year's budgeting.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

Stumped? I'm here to help with your hard-to-buy-for list

You're very busy, I know.

You have 15 people to buy presents for, and that's not even counting yourself. Sure, you made a trip to the mall, but it took three days to find your way out again (online shopping has decimated your mall-navigation skills).

Well, I'm here to offer a few tips for those hard-to-buy-for listees.

Let's start in the obvious place: Justin Trudeau. Now that he's a sex symbol in the U.S. (those Vogue photos? Grrrr!), he's likely wondering what this means for his future memoir endeavours. Common Ground was a bit of political positioning ahead of the election. It's far too on-the-nose for a sex-symbol memoir, which should include much more innuendo and tongue-in-cheek asides, if not some actual cheek — and thus I recommend you gift him Burt Reynolds' new memoir But Enough About Me (no, not "Butt"). There's apparently a lot more to Burt than his 1970s nude centrefold, and Trudeau, reduced to his broad chest, strong jaw and wavy hair by the U.S. press, may need, one day, to make a similar argument after posing tastefully nude to raise awareness about climate change.

On to the next: Angela Merkel, Time magazine 2015 Person of the Year.

Perhaps you don't speak German or know much about Germany or even how to properly pronounce her name, though it's really not that hard (it's a hard "g"). You perhaps do know that she is considered a modern-day international-diplomacy and left-wing-enough Wonder Woman. Hence, the perfect gift is Jill Lepore's The Secret History of Wonder Woman. There are always lessons for politicians to be found in history, and this book charts Wonder Woman's connection to first-wave feminism and details of her creator's love of S&M. Like I said, much to learn.

Of course your shopping list won't be dealt with purely by a trip to your local, independent bookstore that's been around so long it's practically heritage designated.

So, for the ISIL fighter on your list, you'll need to head online and research the right fine French perfume, or perhaps a Twix chocolate bar. Let me explain: in a recent interview on National Public Radio, a man who'd escaped from an ISIL-controlled town detailed the fascination ISIL fighters have with Western goods, even luxury cars. So if you can afford it, splurge on a Ferrari.

And there you have it: Christmas made easy! Happy shopping and ho ho ho!

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW **Philosopher cat now at www.mymetrostore.ca**

metro LIFE
Your essential daily news

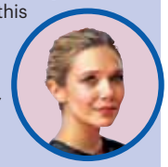
Nailed it! Kerry Washington is OPI's new creative ambassador

GOSSIP BRIEFS

Has Swift gone mad with trademarking power?

Taylor Swift decided to close out her banner year by trying to trademark a whole slew of terms, including "Blank space," "Swiftmas" and "1989." Swift filed 20 trademark applications in all. NED EHRBAR/FOR METRO

Elizabeth Olsen dumped fiancé over the phone



Oh man, this is rough. Actor Boyd Holbrook, former fiancé of Elizabeth Olsen, apparently feels like enough time has gone by to vent his frustrations about the demise of their relationship — a breakup neither had officially confirmed before now.

"On the same day that my best friend died, I got a call from my girl to tell me it was over," Holbrook tells Man of the World magazine, referring to the split as a "divorce," even. The one-two punch of Olsen's breakup call and friend David Armstrong's death led Holbrook to become "consumed with my own personal depression," he says, though he did eventually cheer himself up over the past 10 months. NED EHRBAR/FOR METRO

Fashion Santa is the new red

Paul Mason, also known as Fashion Santa, has gained international attention for his collaboration with Yorkdale Shopping Centre as the Toronto mall's Fashion Santa. Mason is taking selfies with shoppers to raise funds for The Hospital for Sick Children. CHRIS NICHOLLS/HANDOUT/THE CANADIAN PRESS

PAUL MASON

Long-time model takes selfies for SickKids

Paul Mason has devoted three decades to modelling, but the worldwide attention he's received for his stylish take on Santa Claus is a fashionable first.

Toronto's Yorkdale Shopping Centre enlisted Mason as its resident Fashion Santa and the face of the mall's holiday campaign.

During the festive season, he is also posing for selfies with shoppers in support of SickKids Foundation, which raises funds on behalf of Toronto's Hospital for Sick Children.

But beyond his own white beard and a penchant for red and white, Mason shares little else in common with the jolly old elf — and that's part of what's made him an overnight sensation.

The 6-foot-1 model has made a splash posing in sleek designer wear and striking poses in and around the mall showcasing his modern twist on St. Nick.

The images have gone viral, garnering attention from magazines like Time, Fortune and Harper's Bazaar, and press from across the pond from the Telegraph newspaper and BBC.

"It's just the most unexpected thing," said Mason, 51.

"Of course, I've had a long career — 30 years as a model prior to social media — and this is something else. I've never seen anything like it.

"Through working all over the world, I have friends in all the major cities, and collectively they've come together and just supported what's going on. But they're equally as shocked as anyone else."

Mason collaborated with Yorkdale last year, but the shopping centre embarked on a larger promotional push with this year's campaign, said marketing director Lucia Connor.

Connor said she believes part of the intense interest stems from the ability of adults to reconnect with a part of their childhood.

"When we speak to some of the customers that come through to see Santa, the adults get so excited and they say: 'The last time I took a photo with Santa I was young, I was little,"' she said.

"I think now what people are able to do is now proudly display their own photo of adult Fashion Santa, and instead of the mantel, they're displaying it on their social media feeds."

Mason is slated to take on Fashion Santa duty at the mall on Dec. 18, 19, 20 and 23.

For every selfie taken and posted on social media and accompanied by the hashtag "YorkdaleFashionSanta," Yorkdale will donate $1 to SickKids Foundation, up to $10,000. THE CANADIAN PRESS

Deaf? Hard of hearing? Want a job?
CHS Employment Services. We can help!
Andy is hard of hearing.
CHS helped him get a job.
Contact us today!
Phone: 613.521.0509 • TTY: 1.888.697.3650 • Email: info@chs.ca
chs.ca
CHS | SCO | CANADIAN HEARING SOCIETY SOCIÉTÉ CANADIENNE DE L'OUÏE

EMPLOYMENT ONTARIO
This *Employment Ontario* program is funded by the Ontario government.

BLUE RODEO

with special guest
THE STRUMBELLAS

FEBRUARY 14 2016
CANADIAN TIRE CENTRE

BUY TICKETS AT LIVENATION.com

TICKETS ALSO AVAILABLE AT CAPITALTICKETS.CA, BY PHONE AT 613-599-FANS (3267) OR 1-877-788-FANS (3267); IN PERSON AT EACH OF THE 10 PARTICIPATING CANADIAN TIRE STORES IN OTTAWA AS WELL AS THE STORE IN PERTH, THE SENS STORE AT CARLINGWOOD MALL AND PLACE D'ORLÉANS, OTTAWA SPORTS EXPERTS LOCATIONS, LES GALERIES DE HULL, OTTAWA FESTIVALS AND AT THE CANADIAN TIRE CENTRE BOX OFFICE.

www.bluerodeo.com

All dates, acts and ticket prices subject to change without notice.
Ticket prices subject to applicable fees.

JOHANNA SCHNELLER WHAT I'M WATCHING

THE SOUNDING JOY
Bill Murray's "natural role is sending out quips from the sidelines. Miley is a star."

Miley Cyrus with George Clooney, left, and Bil Murray in A Very Murray Christmas. CONTRIBUTED

Miley puts the merry in Murray Christmas

THE SHOW A VERY MURRAY CHRISTMAS (NETFLIX)

THE MOMENT THE MILEY MIRACLE

For 40 minutes, we've watched people be sad. Bill Murray has the Christmas blues. A snowstorm has kept his guests from showing up at Manhattan's Carlysle Hotel to tape his holiday special. He trades barbs with his agents (Amy Poehler and Julie White). He talks to a distressed bride and groom (Rashida Jones and Jason Schwartzman).

Finally, something magical happens: Murray passes out, and into his dream, on a sleigh, rides… Miley Cyrus. She wears a fur-trimmed red mini with matching pumps. She sits on a white grand piano and belts out Silent Night. She saves Christmas — and Murray's ass.

I'm not saying there isn't a place for sadness during the holidays. There is. But this is ironic sadness, and Christmas and irony do not go well together. You end up feeling nothing.

Murray, director Sophia Coppola, and writer Mitch Glazer clearly are enamoured with the random nature of holiday specials — how celebs just show up and sing. Unfortunately, they don't seem to realize that the randomness had a point: the singing (example: Bing Crosby and David Bowie's famous duet of The Little Drummer Boy). This has entirely too much croaking. It's an un-special.

Also, it may be heretic for me to say this, but I'm growing weary of Murray. He was smart to dole himself out sparingly all these years. When you see too much of him, you realize how thin his schtick is. His natural role is sending out quips from the sidelines. Miley is a star.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ANIMATED HOLIDAY SPECIAL

Nutcracker with a lot of puck

Only in Canada would an animated The Nutcracker special be given a hockey twist.

The Curse of Clara: a Holiday Tale is based on Vickie Fagan's autobiographical short story recalling her days dancing in The Nutcracker for the National Ballet of Canada. The year is 1972 and a young ballerina reaches into the hockey world for inspiration — specifically, a legendary Canada-U.S.S.R showdown.

One of the stars of that unforgettable series was former Boston Bruins scoring ace Phil Esposito. The centreman led the NHL professionals to a come-from-behind win against the perennial Olympic hockey champs from what was then known as the Soviet Union. In the special, Esposito's heroics — and charisma — inspire a young ballerina to dance to her goal.

Esposito lends his voice to the special along with veteran Hockey Night in Canada play-by-play announcer Bob Cole — who called the actual Summit Series on radio that September of 1972 — former prima ballerina Karen Kain, Sheila McCarthy, Sara Botsford and Saara Chaudry.

The special premieres Dec. 14 on CBC. THE CANADIAN PRESS

Hockey meets ballet in The Curse of Clara. SMILEY GUY STUDIOS

Be aware of the costs of home ownership

PLANNING

Your budget needs to cover more than just the mortgage

Gail Vaz-Oxlade
For Metro Canada

Owning a home comes with unexpected costs. Make sure you budget two to four per cent of your home's value for yearly maintenance costs. ISTOCK

Owning a home is an expensive proposition.

People think all you have to do is figure out whether you can afford the mortgage payments and taxes. They're wrong.

Owning a home requires planning and a big commitment in terms of time and money. Lots of people who think that they're ready have seriously miscalculated. And then their dream home turns into a money pit.

Another mistake new homeowners make is not changing anything about the way they spend their money once they move into a place of their own. Sure, their housing costs have gone up, but so what? If you're used to buying whatever you want, whenever you want, and you keep up that bad habit, in no time at all, you'll be floundering.

Time to swap some bad habits for some good ones.

It's sometimes pretty hard to see what you're doing wrong, so it's good to know that your partner will be willing and able to spot your flaws and point them out to you. Ha!

And, of course, the best way to see the error of one's ways is to put a dollar value on the stuff you've been buying.

Whether it's junk food or expensive shampoo, once you add up what that indulgence is costing over the long term, you'll want to stop.

Sometimes even the most obvious misstep can't be avoided simply because people hate giving up on an idea once they've committed to it. That's where doing the math becomes the bright light that makes it clear if you'll make it or not as new homeowners.

Time to make a new budget incorporating all the costs associated with owning a home, and adjusting the amount you'll spend elsewhere to compensate for higher shelter costs.

Add up the mortgage payment, property taxes, condo fees, utilities and insurance. Don't forget to budget between about two per cent (in cities) to four per cent (in the country) of the value of your home for home maintenance every year to keep a house in reasonable shape.

If you have an older home that needs work, you should use the higher number.

Subtract the amount you're currently spending to keep a roof over your head.

The difference — the increase in your shelter costs — has to come from somewhere, so what are you not going to spend money on to have that home of your dreams? Will you give up daily coffee, lunch out, that winter vacation you so look forward to?

Something's gotta give, and here's where you decide what that something (or those somethings) will be.

When you work out how much you'll need in your budget you'll probably choke.

Once you get over your sputtering, know that since your home is likely to be your biggest financial asset, you better take good care of it. From lawn care to repainting every few years, from a new furnace to replacing the roof, home ownership is an expensive business.

If you aren't up for the responsibility, renting is always an option.

WORK

Rapport is the key to finding success

One of the most popular self-help books ever written is called How to Win Friends and Influence People by Dale Carnegie, and, frankly, it's no wonder: Who doesn't want to will others into doing what one wants, whether through one's presence, words or sheer charisma?

Well, life coach Niurka — yes, just Niurka, like Madonna and Cher — says the key to such persuasiveness, and to one's empowerment, is communication, and there's one very important component to that: rapport.

"Rapport is essential in all negotiations, because when there's rapport the decision-maker will want to work with you, even if you're not saying the perfect thing," says Niurka, whose new book is Supreme Influence: Change Your Life with the Power of the Language You Use. But creating rapport is a subtle art: you can't exactly fake affinity, or chemistry. We asked the expert for her advice on establishing that kind of connection.

The first step to establishing rapport with someone is awareness. Be mindful of body language, advises life coach Niurka. ISTOCK

Be aware

The first step to establishing rapport is awareness: after all, you have to be self-aware enough to know when you aren't establishing a rapport with someone, or when you lose it. "Oftentimes people communicate too soon," she says. "They're so in tune with what they want to say rather than being totally present with the person and the situation." Notice your target's body language, her breathing, her mood, and try to play off that.

Care about the bigger picture

When talking to a boss or supervisor, don't make it about you, you, you. "You have to authentically care about the bigger picture, not just your agenda," advises Niurka. "Before you go in ask yourself not just 'What do I want?' or 'How can I get what I want in this conversation?' but 'What's important to this person, to this company as a whole?'"

Ask questions

One important — and easy — way to establish rapport and show that you genuinely care about the other person's needs and concerns is to ask questions. "Say: 'I'm curious about what's working, or what isn't working,' in terms of a particular context — or, 'If you can change one thing in this department what would it be?'" suggests Niurka. "You want someone to get passionate and then connect on that point of passion: you don't want to be the one who's passionate and trying to sell them on it. You want them to have a buy-in."

One more thing ...

"When you're going to an important meeting — whether it's one-on-one with your boss or giving a big presentation to a group of people — be clear on your intention, without attachment to outcome," says Niurka. "You don't want to get tunnel vision, so you've got to be clear what is the essence of what it is that you're inspired to create or achieve and then be open to all the different ways you can make that a reality."

RAQUEL LANERI/METRO NEW YORK

IN STORE & ONLINE
TODAY ONLY
TOPS
40% OFF
*Discount applied to the original ticket price. Select items only. Some exceptions may apply.

URBAN PLANET
www.urban-planet.com
Find a store near you online.

Gadgets for your guy

Marc Saltzman

If it's true boys love their toys, then you'll find plenty of gadgety gift ideas to choose from this holiday season.

Whether you're shopping for a significant other, your dad, son or nephew, the latest in consumer electronics can go a long way.

Here's a look at a few suggestions.

Taking control

These amazing Harmony universal remotes from Logitech are super easy to program and use; simply plug the Harmony (from $49.99) into a computer's USB port and download codes from the Internet to the device, then press one of the activity-based commands on the remote, such as "Watch TV" or "Play a Blu-ray." The Harmony does the rest by turning on only the devices you need and switching to the right settings to begin watching. The flagship model, Harmony Elite ($389.99), replaces up to 15 remotes, houses a 2.4-inch touch screen (with support for an optional app), and through its hub (included) can also control other smart home devices.

Through the looking glass

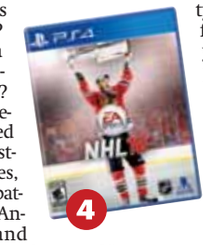
If you're shopping for someone who likes skiing, mountain climbing or cycling, you might opt for one of those trendy POV ("point of view") cameras. The GoPro HERO4 Silver (from $529.99) captures all the action from a first-person perspective, and hands-free, too, when mounted to your helmet, chest or bike (or since it's waterproof, maybe your snowboard or water skis). This version can shoot up to 4K Ultra HD video quality (15 frames per second) along with 12-megapixel photos up to 30 frames per second, and also features built-in and fast Wi-Fi connectivity to wirelessly send the videos and photos to a computer or website. If budget permits, the GoPro HERO4 Black edition ($649.99) shoots 4K video at a smoother 30 frames per second.

Listen up

If you're buying for a music lover, the House of Marley Liberate XL Over-Ear Sound Isolating Bluetooth Headphones ($149.99) block out ambient noise without a cable getting in the way. Simply pair these headphones with your favourite smartwatch, phone, tablet, laptop or music player, and enjoy wireless freedom up to about 65 feet away. Available in black or silver, these headphones are made with FSC-certified wood, stainless steel and exclusive Rewind fabric (made from hemp, recycled plastics and more). Other features include 50mm dynamic moving coil drivers, an in-line microphone to take calls, and controls on the right earcup for power, volume, tracking and more. Battery life lasts up to 12 hours.

Watch this

What to buy someone who loves his smartphone? How about a wearable accessory for it? Samsung has recently launched its newest wrist-mounted devices, the Gear S2, compatible with most Android devices and available in two versions: the Gear S2 Classic ($429.99) for the fashion-forward guy, or the more minimalist Gear S2 ($399.99) for the sport fanatic on the move. Both offer a circular design, rotating bezel to cycle through apps and an intuitive, personalized interface. Users can stay connected with at-a-glance notifications to check calendar appointments, text, emails and news.



The puck drops here

Face off as or against your favourite team in NHL 16 ($59.99), a fun and frantic hockey game for Xbox One and PlayStation 4. Compared to last year's version, this new disc or download offers more accessible and responsive skating and shooting controls, a new progression system, sharper visuals and better commentary to get you pumped up while you play. NHL 16 offers multiple game types to choose from, whether you want to play by yourself, against a friend or family member beside you, or online against others.

Squaring off

If you want to drop a hint about your man's absentmindedness, give the gift of Tile (from $29.99 for one), a small, white and Bluetooth-enabled tracker that helps find lost items via the Tile app for iOS and Android devices. Simply attach, stick or place Tiles on everyday items like house keys, your wallet or a purse, and if you can't find them, open up the app, tap the name of the item (like "John's Keys") and it'll ring loudly – as long as you're within a range of 150 feet. Even if you're farther away, Tile logs its last known location on a map, so you might be able to see if you left your wallet at the office, for example. On the flipside, if you can't find your phone, double-tap your Tile to make your lost phone ring — even if it's on silent — or log into the Tile app or website on another device. Prices are $29.99 for one Tile, $70 for a four pack, $130 for an eight pack or $180 for a 12 pack.

Prices are subject to change at retailers' discretion.

1 Logitech Harmony Elite, $389.99
2 GoPro HERO4 Silver, from $529.99
3 House of Marley, Liberate XL Bluetooth headphones, $149.99
4 NHL 16, $59.99
5 Samsung Gear S2 Classic, $429.99

TECH IT OUT: GIFTS FOR HER

Recommended buys for that special someone

Resist the predictable.

Instead of buying a spa certificate or mall gift card, why not wow your partner with a hot high-tech toy?

Granted, an activity tracker or touchscreen tablet might cost a little more, but there are some great deals to be had this season. And hey, isn't your significant other worth it?

Ranging in price from $24.99 to $449.99, the following are a few recommendations to suit varying tastes and budgets.

Wet 'n' wild

If you're shopping for a book lover, the Kobo Aura H20 ($179.99) is the world's first waterproof ebook reader. Slip into the tub — or bring this Kobo to the pool or beach while on vacation — and it can remain underwater as deep as three feet for up to 30 minutes. The anti-glare e-ink screen can be read clearly in bright sunlight as well, or take advantage of the integrated light to read while curled up in bed.

Stream dream

If you're not interested in buying a new TV — but want to turn your existing one into a smarter one — the Roku 3 ($109.99) offers more than 1,700 channels – including all the biggies like Netflix, YouTube, Cineplex Store, Google Play Movies & TV and NHL.

Cable girl

Who says charging and syncing your mobile phone or tablet has to be ugly? Belkin's fashion-forward charging cables decorate a purse, bag or keychain, but they're really USB cables to connect an iPhone, iPad or iPod touch to a computer for charging up and syncing to iTunes. Available for $24.99 apiece.

Have a seat

You enjoy taking a load off, so why shouldn't your smartphone? A quirky gift for a music lover is the aptly named Phoniture ($99), a colourful charging station and Bluetooth-speaker set designed to look like an armchair with matching ottoman. Drop your smartphone into the seat and plug your charging cable into the USB port on the back; the chair is then plugged into an AC outlet to juice up your phone.

No sweat

While Fitbit activity trackers start at just $69.99 for the Fitbit Zip, the Fitbit Charge HR ($179.99) helps you stay informed and motivated while being active. This wearable lets you set a daily goal — such as a certain number of steps taken, distance travelled or calories burned — and the lightweight and water-resistant wristband keeps track of your daily progress.

MARC SALTZMAN

Techie tested for your kids

Marc Saltzman

Nothing says "happy holidays" to the gadget lover more than a new tech toy tied up in a bow.

To simplify your shopping, we've hand-selected the top tech items and accessories for kids, tweens and teens varying in price.

Don't worry; we won't tell if you decide to stick one under the tree for yourself.

I'm with the band

Even if you're not a fan of the game Minecraft, you know someone who is. Downloaded more than 21 million times, the hit indie game was bought by Microsoft for $2.5 billion late last year — and now it's playable on your wrist.

Called Gameband + Minecraft ($99.99), this USB bracelet with integrated memory holds the game inside, so all gamers on the go need to do is plug it into a PC and play it off the device itself — access to all your worlds, maps, texture packs and saved data is included. This is especially ideal for kids who don't have their own computer, as it allows them to plug and play without installing the software on other computers. And yes, it tells time, too.

Look ma, no hands!

Electric skateboards are one of the hottest tech toys of the year, but beware the many copycat brands out there with cheap materials and low-grade batteries. Instead, the Swagway X1 ($539.99) is a high-quality, zero-emission, self-balancing electric skateboard that only uses Samsung and LG batteries.

Go forwards and backwards up to 16 kilometres per hour by simply leaning in a given direction. Steering and stopping are equally easy thanks to its internal gyroscope and acceleration sensors that react based on your centre of gravity (blue LED lights flash to indicate which direction you're turning). Available in red, dark red, white, blue, green, black or pink.

It's epic

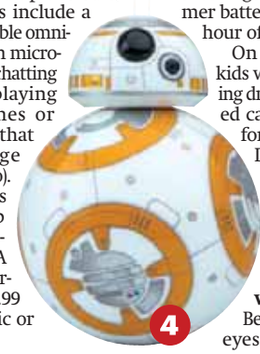
Designed for kids age three to nine, the LeapFrog Epic ($169.99) is a 7-inch Android-based tablet with a number of exclusive features: a first-of-its-kind playable home screen with daily surprises to tap on; preloaded educator-approved content, such as games, activities and ebooks; and access to the LeapFrog Store for more than a thousand downloads and none with in-app purchases or third-party ads.

A LeapSearch Browser offers a protected online environment with curated websites, games and videos for your child. Parents can also set time limits and manage content. And if and when the child is ready, mom and dad can unlock access to the Amazon Appstore and a full web browser.

Sound advice

As the name suggests, the Kidz Gear Bluetooth Stereo Headphones ($77.99) are wireless headphones that can be paired with any Bluetooth-enabled music player, such as a smartwatch, smartphone, iPod touch, touchscreen tablet or laptop.

Available in multiple colours, the headphones include a patented removable omni-directional boom microphone, ideal for chatting online while playing computer games or for using apps that teach language (such as Duolingo). The headphones charge up through a bundled USB cable. A non-wireless version sells for $49.99 with a boom mic or $39.99 without.



May the droid be with you

You might've heard about a little 'ol movie sequel coming out in December — Star Wars: Episode VII – The Force Awakens — and with it will come some pretty cool merchandising.

One that's garnering a lot of buzz is Sphero's BB-8 ($189.95), an app-enabled Droid that recognizes your voice, responds to your commands, displays a variety of expressions and can patrol its surroundings autonomously. BB-8 also allows kids (er, or kids at heart) to record and check out cool virtual holographic videos. The rechargeable lithium polymer battery allows for one hour of drive time.

On a related note, kids who'd prefer a flying drone with integrated camera might opt for the Parrot Mini-Drone Airborne Cargo ($139.99) or MiniDrone Airborne Night ($179.99).

The whole tooth

Before you roll your eyes about gifting a toothbrush, consider the Oral-B SmartSeries 5000 Power Toothbrush with Bluetooth ($199.99) — get it, blue "tooth"? — sends information on your brushing to a nearby app, such as how long you're brushing, which quadrant you might be neglecting in your mouth (like upper right) and if you're applying too much pressure or not.

The free app for mobile devices can also show you additional info, if desired, such as news headlines and weather info to read while you're brushing.

Of course, it's also a stellar electric toothbrush that delivers 40,000 pulsations and 8,800 oscillations per minute with different cleaning modes.

1 Kidz Gear Bluetooth Stereo Headphones, $77.99, Amazon.ca
2 Oral-B SmartSeries 5000 Power Toothbrush with Bluetooth, $199.99, londondrugs.com
3 LeapFrog Epic, $169.99, leapfrog.ca
4 Sphero's BB-8, $189.95, chapters.indigo.ca

A gift, that everyone will love.
Parking is free on weekends.
www.bankstreet.ca
Downtown. At the intersection of everything.

SALE
30% OFF
CUSTOM FRAMING
KOYMAN GALLERIES
CANADA'S LARGEST GALLERY OF ART
1771 ST. LAURENT BOULEVARD
1 (613) 526 1562
KOYMANGALLERIES.COM

Is it time you made a gift upgrade?

FROM LAPTOPS TO TABLETS

Maximize those holiday deals to start 2016 in style

Marc Saltzman

Good news for those putting off the inevitable computer upgrade: there's never been a better time to buy one.

Between pre-holiday bargains and Boxing Week, retailers are looking to clear out their inventory to make way for 2016 models.

Not only can you take advantage of falling prices, but there are many brands to choose from, along with varying form factors, screen sizes and specifications ("specs").

But choosing the right device to match your needs and budget can be overwhelming. Here's a look at some recommended laptops, tablets and laptop-tablet hybrids, called "2-in-1s" to help you out.

Laptops

For those who prefer a classic clamshell laptop design with a large screen, full-sized keyboard, and multiple ports, look no further.

• If budget is limited, consider the blue HP Stream ($299), a 13.3-inch laptop powered by an Intel Celeron N3050 (1.6GHz) processor, 2 gigabytes of system memory (RAM) and 32-gigabytes of SSD flash memory – which is more durable, lighter and better on battery life than a hard drive. This Windows 10 PC also houses two USB 3.0 ports, a memory card reader, and DTS Sound+ with dual speakers.

• Thin is in with the ASUS Zenbook UX305 ($899), a slender 13.3-inch computer that's only 0.5-inches thick and weighs just 2.6 pounds. Under the hood is an Intel Core M-5Y10 processor. This laptop also benefits from eight gigabytes of system memory, and 256 gigabytes of SSD storage. A Best Buy exclusive, this gold-coloured laptop ships with Windows 8.1, but can be upgraded to Windows 10 for free.

2-in-1s

As the name suggests, 2-in-1s are both a laptop and tablet in one device. These versatile PCs include a keyboard and trackpad for when you need to get work done, but they also let you use your fingertip to tap, swipe and flick on a multi-touch display.

• The Dell Inspiron 15 7000 Series 2-in-1 ($829.99) features a large 15.6-inch LED-backlit screen on a hinge, so it can be flipped back 360-degrees to put it in tablet mode. Not only is the keyboard now tucked underneath and out of the way, but it's disabled so you can't accidentally press keys. One of the two USB 3.0 ports has a PowerShare feature, which lets you use the 2-in-1's battery to charge other devices, like your smartphone. This Dell is equipped with Windows 10 and powered by a 6th Generation Intel Core i3 processor.

• Give the best of both worlds with the ASUS Transformer Book T100 ($299.99). This 10.1-inch computer has a QWERTY keyboard and trackpad for typing up an essay or sales report, but when it's time to kick back and relax on the couch – perhaps to read an ebook, watch a video, play a game or browse the web – simply detach the touchscreen and use it with your fingertips. Together, this screen and keyboard weighs just 1.2 pounds. Battery life tops 11 hours between charges.

Tablets

Smaller, lighter, and thinner, a touchscreen tablet also offers better battery life than a laptop.

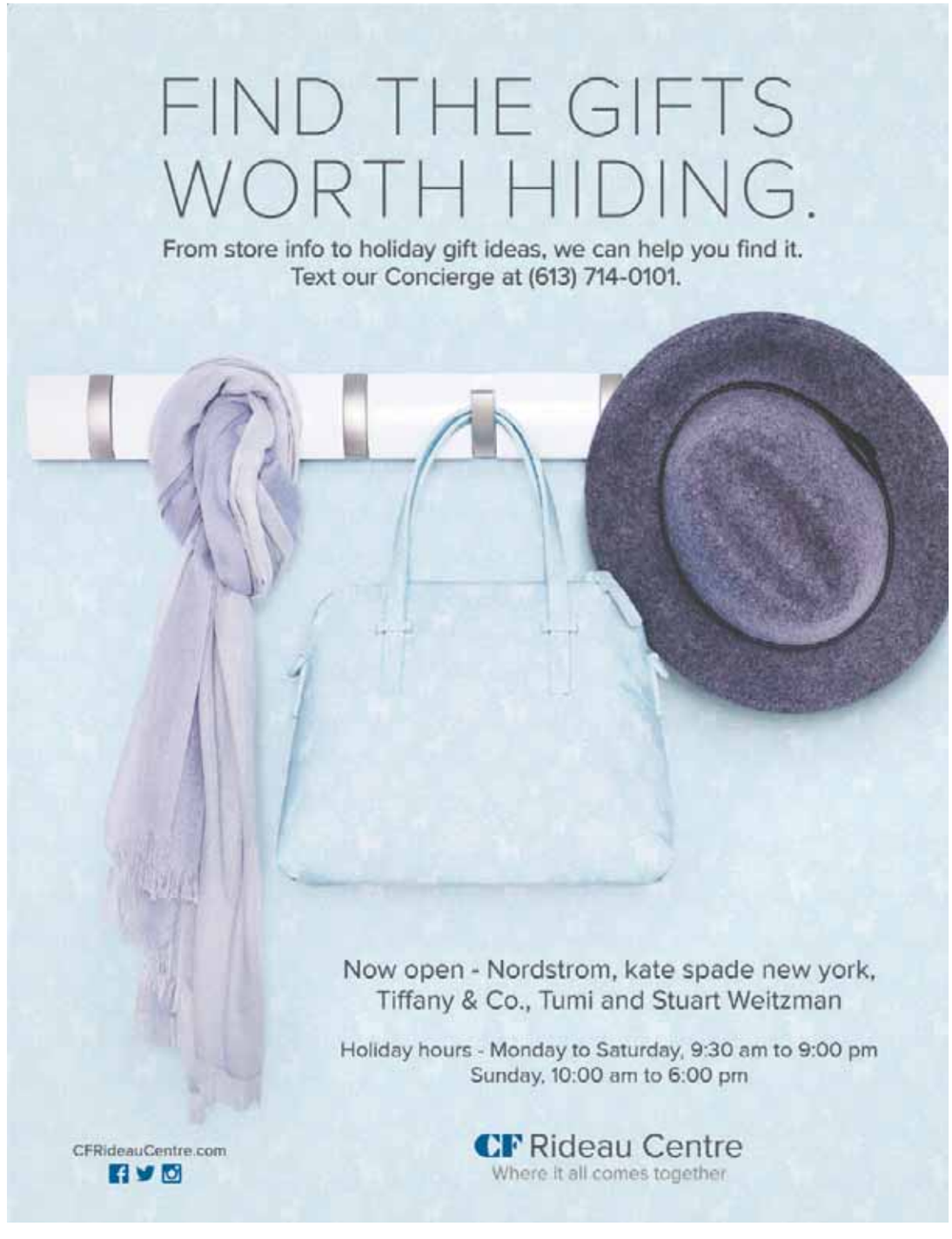
• From $439, Apple's iPad mini 4 has a stunning 7.9-inch Retina display, a powerful A8 chip for fast performance, dual cameras, a Touch ID fingerprint sensor for convenient authorization, and the new iOS 9 operating system supports multitasking for iPad (be it split-screen or picture-in-picture). The App Store is a convenient way to access high-quality and inexpensive apps. A cellular option takes a SIM card for Internet access without requiring a Wi-Fi hotspot.

• If the popular Android platform is more your thing, Samsung's Galaxy Tab S2 (from $449.99 for 8-inch version) is the tech giant's flagship tablet. With it's ultra-realistic screen, blazing octo-core processor and ample storage options, the Galaxy Tab S2 might just be your go-to companion for work and play. Also sold as a 9.7-inch model (from $599.99), the Galaxy Tab S2 is available with 4G/LTE connectivity.

• For those who demand desktop-like performance, a full Windows experience, and PC-like ports such as USB and microSD, Microsoft's Surface Pro 4 (from $1,179) is garnering quite a buzz among mobile professionals.

Microsoft's 4th generation product is a powerful, 12.3-inch Windows 10 Pro tablet that supports multiple magnetic covers with an integrated keyboard and trackpad. Like previous models, there's also a multi-angle kickstand in the back to prop up the tablet.

1 ASUS Zenbook UX305 laptop computer ($899)
2 Dell Inspiron 15 7000 Series 2-in-1 ($829.99)
3 Samsung Galaxy Tab S2 (from $449.99 for 8-inch version)
4 Apple iPad Mini 7.9-inch Retina display (From $439)


FIND THE GIFTS WORTH HIDING.
From store info to holiday gift ideas, we can help you find it.
Text our Concierge at (613) 714-0101.
Now open - Nordstrom, kate spade new york, Tiffany & Co., Tumi and Stuart Weitzman
Holiday hours - Monday to Saturday, 9:30 am to 9:00 pm
Sunday, 10:00 am to 6:00 pm
CFRideauCentre.com
CF Rideau Centre
Where it all comes together

Special gifts for the special people

TEACHERS/COACHES

Thanking those who help shape the lives of your kids

Ylva Van Buuren

Someone once said that a good coach sees in you what you can't see in yourself. If that's how your son or daughter feels about any of their coaches or teachers, suggest you wrap up a gift for them this holiday season. These ideas all get an A+.

For lunch: Plaid thermal carafe will keep your teacher's lunch warm — and it looks good too. $49.95 from Crate and Barrel, crateandbarrel.ca. Or, choose the 473 ml/16 oz. insulated Klean Kanteen with double-wall interior, wide mouth, and leak-proof cap. $32.99 at Sporting life, sportinglife.ca.

Wise to you: Everyone loves to decorate for the holidays. This large resin owl will look perfect on the teacher's desk – or just as good on her mantle at home. $34.99 at Canadian Tire, canadiantire.ca.

Under-the-desk decor: Whether your teacher drives a motorcycle or teaches shop, this Harley Davidson Waste Basket will make a fun holiday gift. It will spark conversation too. $19.99 at Canadian Tire, canadiantire.ca.

Holidays: Chalkboard decorations are a perfect gift for a teacher... they will shine in the classroom or at home as holiday decor. The decorations are reusable and easy to clean — just rinse. From $3.99 to $8.99. at Michaels, michaels.com.

Just for fun: Festive milk bottles all lined up in a row will help anyone get into the holiday spirit. $3 each at Michaels, michaels.com.

Wet your whistle: The S'well Santorini 17 oz. water bottle travels well and looks good at the gym or on the outdoor track. It's available in several colours. $40 at Indigo, chapters.indigo.ca.

Best teacher: Here's to the Best Teacher Ever, even if it is just coffee. $12 at Indigo, chapters.indigo.ca.

Quiet class: For the teacher who has everything, choose this vintage inspired desk bell. It's a great way to get everyone's attention. $5.99 at Winners, winners.ca.

Recess: Everyone needs to chill out... wrap up an Adult Colouring Book for your teacher. $9.99 at HomeSense, homesense.ca.

Chalk it up: The ultimate climbing accessory, you can never have too many chalk bags. Wrap up this handy organic chalk bag for your outdoored instructor. Waist belt included. $27 at Mountain Equipment Co-op (MEC), mec.ca.

Go vegan: The Thug Kitchen recipe book is the hottest (most profanity-filled) vegan cookbook going. Share it with a teacher who will understand — and enjoy and make use of it. $31.95 at Indigo, chapters.indigo.ca.

Dr. Cool Wrap: Coaches will love the Coolcore Dr. Cool Wrap for sports injuries (or injuries on the job). It combines cold therapy with compression technology to reduce swelling and aid recovery. $24.99 at Sporting Life, sportinglife.ca.

1 Harley Davidson Waste Basket, $19.99, canadiantire.ca
2 Pom Beanie, $29.95, gapcanada.ca
3 Organic chalk bag, with waist belt, $27, mec.ca
4 Vintage-inspired desk bell, $5.99, Winners, winners.ca
5 Thug Kitchen vegan cookbook, $31.95, chapters.indigo.ca
6 Festive milk bottles ($3/each, Michaels.com)

CANADIAN MUSEUM OF HISTORY · MUSÉE CANADIEN DE L'HISTOIRE
CANADIAN WAR MUSEUM · MUSÉE CANADIEN DE LA GUERRE

Unlimited family access to the Children's Museum, the Museum of History, the War Museum or the IMAX® Theatre, starting at $89*

*Taxes not included.

MEMBERSHIP CATEGORIES, PRIVILEGES AND PRICES:
historymuseum.ca/membership 819-776-7100 Canada

FREE HEARING ASSESSMENTS
For the month of December

Custom Ear Protection
NOW $65
For the month of December

nepean hearing
where hearing is for life

15-2039 Robertson Rd.
Bell Mews Plaza, Bells Corners
613.726.7098 • nepean-hearing.ca

The Cincinnati Bengals were hit hard Sunday — they were beaten 33-20 by Pittsburgh and lost quarterback Andy Dalton to a broken thumb

Loss to Canadiens could be wake-up call Sens need

THE HOCKEY NEWS
Murray Pam

Saturday's disappointing loss at the Bell Centre may turn out to be a blessing for the Senators. While the team's 15-10-5 record looks good on paper, the harsh reality is; the club needs to shore up its game.

Earning only two points on their four-game road trip, the Senators have fallen from second-place in the Atlantic Division to holding a tenuous grip on a Wild-card position. Winners of only three of the past eight contests, the team is in a downward spiral.

There's no time for complacency, especially when their divisional rivals keep piling up wins. The Red Wings have accumulated points in 13 straight games, while the Bruins have won seven of ten. Whether contrived or not, Dave Cameron was terse in his responses after losing. When asked why the club started so poorly, the coach didn't hide his emotions.

Cameron admitted "shock" and said to "ask them," the players why the Senators gave up a team record 27 shots in the first period — even the lowly teams of the expansion years never allowed this dubious mark.

Choosing to hold back words may have been the best decision Cameron could make. The player's laid an egg, but part of the blame falls on the staff itself.

With Milan Michalek out short-term with a broken finger and Clarke MacArthur missing long-term with a concussion, the Senators lack forward depth. The decision to scratch Shane Prince, while inserting defenceman Mark Borowiecki on the fourth line is puzzling. One can understand if it was a one-shot deal. However, Borowiecki was a left winger the past three games.

Ottawa coach Dave Cameron GETTY IMAGES

There's no doubt Borowiecki adds a physical element to the forward core. He had nine hits Saturday. However, Prince who notched an assist last Sunday, adds speed and creativity to the lineup — something that's been missing of late. With Borowiecki playing out of his comfort zone, the Senators lose both of these traits.

Sens fans weren't the only ones frustrated. After Max Pacioretty scored in the waning seconds of the first period Craig Anderson took out his anger by smashing his goal stick against the post. Anderson admitted to losing composure. His teammates' lack of defensive commitment gave him every right. The Senators allow a league-high 33.9 shots per game and it may be wearing on Anderson.

In his post-game comments, Erik Karlsson expressed the club would have to endure "a s****y bus ride" home. Had the Senators put in a better first period effort, the ride probably would've been more pleasant.

Lars Eller, left, and Alex Galchenyuk of the Habs watch as the puck enters the Ottawa net past a frustrated Craig Anderson in Montreal on Saturday. MINAS PANAGIOTAKIS/GETTY IMAGES

CURLING

Canadian Open title for superb Homan

Ottawa's Rachel Homan scored a pair in the final end for an 8-7 victory over Winnipeg's Jennifer Jones in Sunday's final at the Canadian Open.

It was the third straight Grand Slam victory for Homan, who won the Masters and the National earlier this season.

"Jones played really well," Homan said. "They came out firing and we had a couple misses here and there and they had some twos and threes and we had to battle back really hard in that game."

Rachel Homan CURLING CANADA

Jones jumped out to an early 2-0 lead, but Homan bounced back for three in the second to take a one-point advantage. Jones fired back in the third with three of her own before Homan added singles in each of the next three ends. Both teams traded deuces in the last two ends to round out the scoring.

Homan's lead, Lisa Weagle, had a game-high 89 per cent shooting percentage.

Meanwhile, Toronto's John Epping defeated Brad Gushue of St. John's, N.L., 7-4 in the men's final. It was the first Grand Slam title for Epping in four seasons. THE CANADIAN PRESS

NFL

Newton's arm keeps Panthers unbeaten

Cam Newton added to his MVP resume, completing 15 of 21 passes for 265 yards and three touchdowns, and the unbeaten Carolina Panthers defeated the Atlanta Falcons 38-0 on Sunday to clinch a first-round bye in the NFC playoffs.

Newton connected on scoring strikes of 74 and 46 yards to Ted Ginn Jr., and Jonathan Stewart ran for a touchdown as the Panthers (13-0) scored on their first three possessions. Newton also threw a 4-yard TD pass to Ed Dickson in the final seconds of the first half before leaving for good at the end of the third quarter with Carolina up 38.

Cam Newton celebrates win. GETTY IMAGES

He finished with a career-high quarterback rating of 153.3, and the Panthers won their 17th straight regular-season game. THE ASSOCIATED PRESS

HOCKEY IN BRIEF

Montembeault stars for Canada juniors in 5-0 rout

Samuel Montembeault made 33 saves as Canada shut out a Canadian Interuniversity Sport all-star team 5-0 on Sunday to conclude Canada's junior selection camp.

Montembeault was added to Canada's roster on Tuesday after Mackenzie Blackwood was suspended by the Ontario Hockey League for eight games. Anthony Beauvillier led Canada with a hat trick while Pierre-Luc Dubois and Travis Konecny also scored. THE CANADIAN PRESS

Zidlicky double helps Islanders cruise past Devils

Marek Zidlicky scored twice and Thomas Greiss made 27 saves for his first shutout of the season to lead the Islanders to a 4-0 victory over the New Jersey Devils on Sunday, extending New York's streak without a regulation loss to 10 games.

John Tavares and Matt Martin also scored for the Islanders, are on an 8-0-2 stretch and moved into second place in the Metropolitan Division, one point ahead rivals Rangers. THE ASSOCIATED PRESS

SPEED SKATING WORLD CUP

Long track silver and bronze for Canucks

Alex Boisvert-Lacroix won a silver medal in the men's 500 metres at the long-track speedskating World Cup at Thialf Oval while Canadian teammate Ivanie Blondin took the bronze in the women's mass start.

Boisvert-Lacroix, from Sherbrooke, Que., was second in 34.76 seconds, just behind Russia's Ruslan Murashov (34.67). Espen Aarnes Hvammen of Norway was third in 34.86.

World record holder Pavel Kulizhnikov of Russia lost his first 500-metre race of the season when he fell in a corner after Boisvert-Lacroix put him under pressure with a fast start.

Japanese skater Misaki Oshigiri won the women's mass start in eight minutes 22.80 seconds. Dutch skater Carien Kleibeuker was second in 8:23.23 and Ottawan Blondin was third in 8:27.96. Heather Richardson-Bergsma edged American teammate Brittany Bowe to win the women's 1,500 metres. THE ASSOCIATED PRESS

RECIPE Spicy Beef Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These easy tacos get a zing of heat from chili but a warmth from cumin and cinnamon.

Ready in
Prep time: 30 minutes
Serves 4

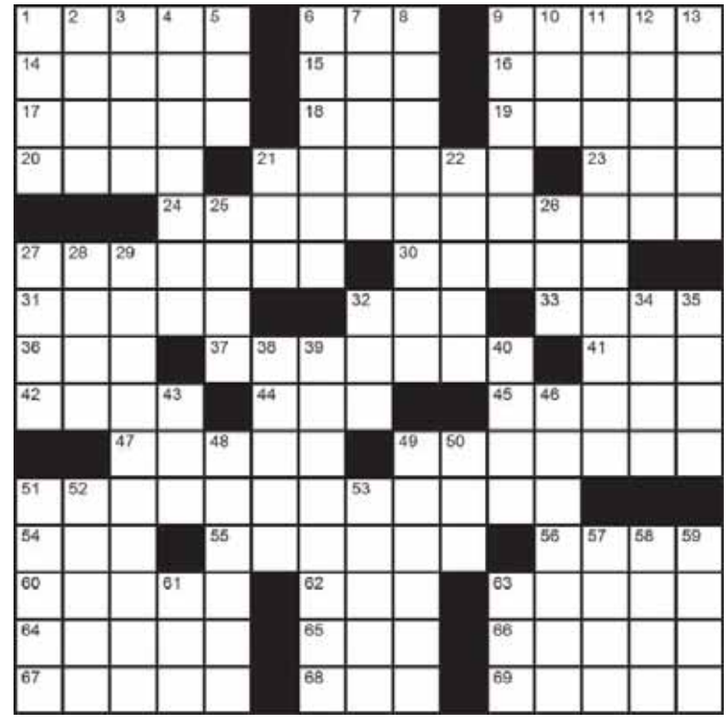
Ingredients
- 1 large sweet potato, diced into bite-size pieces
- 1 Tbsp olive oil
- 1 1/2 tsp salt, divided
- 1 lb organic lean ground beef
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/2 tsp dried oregano
- 2 cloves garlic, minced
- 1/2 tsp pepper
- 1/4 red onion, thinly sliced
- 1/2 cup shaved Monterey Jack cheese
- A handful of chopped fresh cilantro
- Salsa
- 8 corn tortillas, warmed according to package directions

Directions
1. Preheat oven to 400 F.
2. In a bowl, toss sweet potato with olive oil and 1/2 tsp salt. Spread sweet potato pieces out in a single layer on a lined baking sheet. Bake in the oven for 5 to 7 minutes. Toss and then bake another 3 to 5 minutes, or until fork tender. Remove potatoes from oven and place in a bowl.
3. In a large skillet, cook beef over medium heat until browned, about 10 minutes.
4. In a small bowl, blend chili powder, cumin, cinnamon and dried oregano. Stir into the meat the garlic, spice blend, pepper and remaining salt; cook for another 2 minutes. Remove beef from heat and transfer to serving dish.
5. Place beef, sweet potato, slices of red onion, cheese, fresh cilantro, salsa and tortillas out on the table for taco assembly. Enjoy.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Possessed, in ye olden days
6. Winter roads worry
9. Country legend Johnny's
14. Join
15. Ho! Ho! Ho! X-__ (Dec. 25th)
16. Tear that paper: 2 wds.
17. Concluded
18. Kitty's rival
19. Irish rebel Rory
20. Momentarily
21. __ mustache (Sported by Sherlock Holmes creator Sir Arthur Conan Doyle)
23. "Whistle __ the Lave O't": Song by Scottish poet Robert Burns
24. Holiday candies by #49-Down celebrating their 130th anniversary: 2 wds.
27. Noncompliant
30. Flair
31. Lagoon-in-the-middle island
32. "__ _ recall..."
33. Stroller, to a Brit
36. Neither's partner
37. Appetizer served with plum sauce: 2 wds.
41. Pasta names suffix
42. 'Within'-meaning prefix
44. Swiss peak
45. Mr. Williams of "Happy Days"
47. Animal of The Andes
49. Doorkeeper
51. What people do when they sign into their e-mail accounts: 2 wds.
54. Bit of food
55. Of bears
56. 'Demo' suffix (Politician sort)
60. Get _ __ (Score in hockey)
62. "How was _ _ know?"
63. The Congo's former name
64. "Irma la __" (1963)
65. Grandma
66. Stick on
67. Fashion show walk
68. Unit of work
69. Bug: 2 wds.

DOWN
1. Shades
2. __ Domini (AD)
3. "Thank You" singer
4. Sheet that when painted over reveals a design beneath
5. Bill's bogus buddy
6. Influential effect
7. Shower sealant
8. Starbucks serving
9. Surname of one of Neil Young's bandmates
10. Purpose
11. Cutlery user's slip of the tongue?
12. Just-got-the-job person
13. 'Trick' suffixes
21. Get the glory
22. Up to a certain time
25. Fit, fiddle-style
26. "Superman's Dead" rock gr. from Toronto
27. Stand-up comedian Mr. Cook
28. Collar type
29. Archaeology in New Brunswick... Historic trading post in Saint John: 2 wds.
32. Dadaist Jean
34. Kind of buffalo
35. Duluth's state, for short
38. Nintendo enthusiast
39. Translucent envelope material for storing stamps
40. Tardy
43. Previous
46. Instant coffee brand
48. Protector-from-harm charm
49. Family-owned New Brunswick chocolatier since 1873
50. Bronze __
51. Map's lines, often
52. Grain fungus
53. Ravi Shankar's instrument
57. Fissure
58. Opera offering
59. Communicate, techie-style
61. Prefix with 'puncture'
63. 'Zig' add-on

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Watch your back and think twice before giving anyone the benefit of the doubt. The Sun may be moving through your fellow Fire sign of Sagittarius but so is Saturn, planet of limitation, and that means someone may be working against you.

Taurus April 21 - May 21
You may not want to but it's time to give up on a goal that requires the kind of cash you no longer have. Let it go and next time aim for something cheaper.

Gemini May 22 - June 21
You will get conflicting advice but you know what must be done, so do it. Trust your instincts and hope for the best. The best will happen.

Cancer June 22 - July 23
You may be tempted to call the bluff of those you are negotiating with and hold out for a better offer but the planets warn that is not a good idea. You would be wise to seal the deal on the terms being offered.

Leo July 24 - Aug. 23
Your confidence could slump as Saturn makes it easy to see nothing but grey skies. Your problems may be all in the mind but if you believe bad things are going to happen then they most likely will.

Virgo Aug. 24 - Sept. 23
Someone is refusing to see sense. You tried to point them in the right direction, so if they make a mess of things it's their own fault.

Libra Sept. 24 - Oct. 23
Some people may say that you're losing your edge, that you are not as decisive and dynamic as you used to be, but it isn't true. Even a Libra is entitled to relax once in a while.

Scorpio Oct. 24 - Nov. 22
Try not to appear too eager today. If you can give others, especially rivals, the impression that you don't care whether you win or lose you'll lull them into a false sense of security.

Sagittarius Nov. 23 - Dec. 21
You can't change past failures, so there is no point in dwelling on them. However, while the Sun is in your sign you can have a few successes, so stop being negative and start doing things that get you noticed.

Capricorn Dec. 22 - Jan. 20
Something is bothering you and your rivals and enemies are beginning to pick up on your fear. Don't worry about whether you are moving in the right direction because all roads lead to the same destination.

Aquarius Jan. 21 - Feb. 19
If you try to live up to other people's image of you then you are likely to exhaust yourself for no good reason. Your health should be your main concern.

Pisces Feb. 20 - March 20
If someone in a position of authority asks you to do something of a questionable nature today you must turn them down flat. Principle comes before power.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

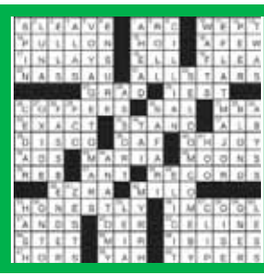
	9		1		6		5	
3			4		7			2
9	3						2	1
				6				
4	5						8	6
7			8		1			4
	4		3		5		9	

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



5	6	7	9	3	1	2	8	4
2	4	3	8	7	6	1	5	9
8	1	9	4	2	5	3	7	6
4	7	8	5	9	3	6	2	1
1	9	2	7	6	8	5	4	3
6	3	5	1	4	2	8	9	7
3	5	4	6	8	9	7	1	2
9	8	6	2	1	7	4	3	5
7	2	1	3	5	4	9	6	8

CHARGED WITH IMPAIRED DRIVING?
X COPPER
NEW Location: 1901 Bank Street (613) 778-8660

TODAY ONLY!

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*.

Monday, December 14

Save $50

$24.99 Regular $75

PERRY ELLIS
men's tops

Assorted sport shirts, cotton-blend 1/4-zip knit tops, cotton-blend V-neck sweaters and shawl collar tops in up to 8 colours.
Exclusively ours

Plus, 40% off

other **PERRY ELLIS** casual clothes for men**

HUDSON'S BAY

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details.
***FREE ONLINE SHIPPING**: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Perry Ellis** excludes items with 99¢ price endings.